



express lane

Herbs are an easy way to add unique flavors to any dish. Fresh herbs, such as the rosemary and tarragon used in the turkey recipe, can simply be stirred in near the end of the cooking process. Just a few minutes are enough to incorporate the flavors while still preserving the color and distinct aroma of fresh herbs. When cooking with dried herbs, like the oregano in our BBQ Chicken Pizza, try crushing or rubbing the herbs in your hands to release their aromatic oils.

Tarragon Turkey Tenderloin

Active Time: 25 minutes

Total Time: 30 minutes • Serves: 4

- 1 medium orange
- ½ cup water
- 1 teaspoon cornstarch
- 1 tablespoon Schnucks olive oil
- 1½ pounds boneless, skinless turkey tenderloins, cut crosswise into 1 x 3-inch strips
- 2 garlic cloves, minced (about 2 teaspoons)
- ½ cup drained julienne-cut sun-dried tomatoes with Italian herbs in oil
- 2 teaspoons coarsely chopped fresh tarragon leaves
- 1 teaspoon minced fresh rosemary leaves plus additional sprigs for garnish (optional)
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

1. From orange, grate 2 teaspoons peel and squeeze ¼ cup juice. In small bowl, stir orange juice and water; add cornstarch and stir to combine.

2. In nonstick 12-inch skillet, heat oil over medium heat. Add turkey; cook 4 to 5 minutes or until lightly browned, turning once. Add garlic; cook 1 minute, stirring occasionally. Add tomatoes and orange juice mixture; cover and cook 4 to 5 minutes or until internal temperature of turkey reaches 165°F.

3. Stir in tarragon, rosemary, salt, pepper and orange peel. Transfer turkey and tomatoes to serving dish. Pour remaining orange sauce into small bowl to serve with turkey.

Each serving: about 314 calories, 11 g total fat (3 g saturated), 99 mg cholesterol, 273 mg sodium, 7 g carbohydrate, 1 g fiber, 1 g sugars, 41 g protein

> Cook's Wisdom

Serve with prepared couscous and a salad to round out this meal.

BBQ Chicken Pizza

Active Time: 15 minutes

Total Time: 30 minutes • Serves: 6

- 2 (12-inch) refrigerated thin crust pizza shells (from the Deli)
- ⅔ cup sweet and spicy barbecue sauce
- ¼ cup Schnucks mayonnaise
- 1 Schnucks BBQ or herb whole roasted chicken, skin removed and meat cut into ½-inch pieces (about 3½ cups)
- ½ large red onion, thinly sliced (about 1 cup)
- 1 package (8 ounces) Schnucks finely shredded pizza style cheese blend
- 1 tablespoon dried oregano leaves
- 1 tablespoon shredded Parmesan cheese

1. Preheat oven to 400°F. Place pizza shells on each of 2 pizza pans or cookie sheets. In small bowl, stir barbecue sauce and mayonnaise until well blended. With back of large spoon, spread sauce evenly over pizza shells to cover.

2. In the following order, evenly sprinkle ingredients over sauce: chicken, onion and pizza style cheese. In small bowl, stir oregano and Parmesan; sprinkle 1 tablespoon over each pizza. Bake 12 to 15 minutes or until cheese melts and turns golden brown.

Each serving: about 510 calories, 23 g total fat (8 g saturated), 75 mg cholesterol, 1190 mg sodium, 42 g carbohydrate, 2 g fiber, 10 g sugars, 33 g protein

